

SAN PEDRO WELLNESS TEAM CONQUERS THE BRIDGE!!



On Monday, September 1st, 2014, the San Pedro MHC Wellness team and WOWs participated in the LAPD Boosters annual Labor Day event “Conquer the Bridge,” which is a 5.3 mile race over the iconic Vincent Thomas Bridge in San Pedro.



Team San Pedro Wellness is comprised of staff and peers who dedicate their time and energy to the consumers of San Pedro Mental Health Wellness Center under the leadership of Kathrine Lundy, Program Head, Belen Williams, MHC Supervisor and Maria Salas, Medical Case Worker II. This fantastic team of volunteers stepped up to the challenge and fully epitomized hope, wellness and recovery in completing their first ever competitive race.



We look forward to uniting once again in promoting wellness & recovery while walking in solidarity to raise mental health awareness and reduce stigma at the upcoming NAMI Walks 5k event on Saturday, October 11, 2014. Please support our team by making your donation to TEAM SAN PEDRO WELLNESS:

<https://securewalks.nami.org/registant/TeamFundraisingPage.aspx?Referrer=http%3a%2f%2fnamiwalks.org%2fcontent%2fhome&TeamID=564749#&panel1-2>

For more information about this event, please contact:
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